

111TH CONGRESS  
1ST SESSION

# H. RES. 274

Expressing support for designation of March as National Nutrition Month.

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## IN THE HOUSE OF REPRESENTATIVES

MARCH 23, 2009

Ms. CASTOR of Florida (for herself and Mr. REICHERT) submitted the following resolution; which was referred to the Committee on Energy and Commerce

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## RESOLUTION

Expressing support for designation of March as National Nutrition Month.

Whereas according to the American Dietetic Association good nutrition is vital to a healthy and long life;

Whereas according to the American Dietetic Association the National Nutrition Month campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits;

Whereas the first Nutrition Campaign was launched with a presidential proclamation in 1973 as National Nutrition Week;

Whereas National Nutrition Week became National Nutrition Month in 1980;

Whereas poor nutrition and sedentary lifestyles are linked to obesity and health problems;

Whereas 17 percent of children between the ages of 6 and 11 are overweight;

Whereas 17.6 percent of adolescents between the ages of 12 and 19 are overweight;

Whereas 33.3 percent of adult men are obese and 35.3 percent of adult women are obese in the United States;

Whereas according to the Centers for Disease Control, since 1980 obesity rates for adults have doubled and rates for children have tripled;

Whereas dietary factors are associated with 4 of the 10 leading causes of death, including heart disease, cancer, stroke, and diabetes;

Whereas these health conditions are estimated to cost the United States over \$600,000,000,000 each year in medical expenses and lost productivity;

Whereas access to proper nutrition helps fight off illness and disease and is vital to children's cognitive development;

Whereas poor nutrition, inactivity, and weight problems in school age children may cause low academic performance or behavioral problems resulting in additional costs; and

Whereas March would be an appropriate month to designate as National Nutrition Month: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) supports the designation of National Nutri-  
3       tion Month;

4               (2) supports the goals and ideals of National  
5       Nutrition Month;

- 1           (3) encourages local communities to raise
- 2 awareness surrounding nutritional health;
- 3           (4) encourages awareness about diseases and
- 4 death caused by lack of nutrition; and
- 5           (5) recognizes and salutes health care profes-
- 6 sionals such as registered dietitians, that spread the
- 7 knowledge and importance of nutrition each day.

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